

# POLESCARY & CHEMIST

Cor 4th & Olive Sts. St. Louis.

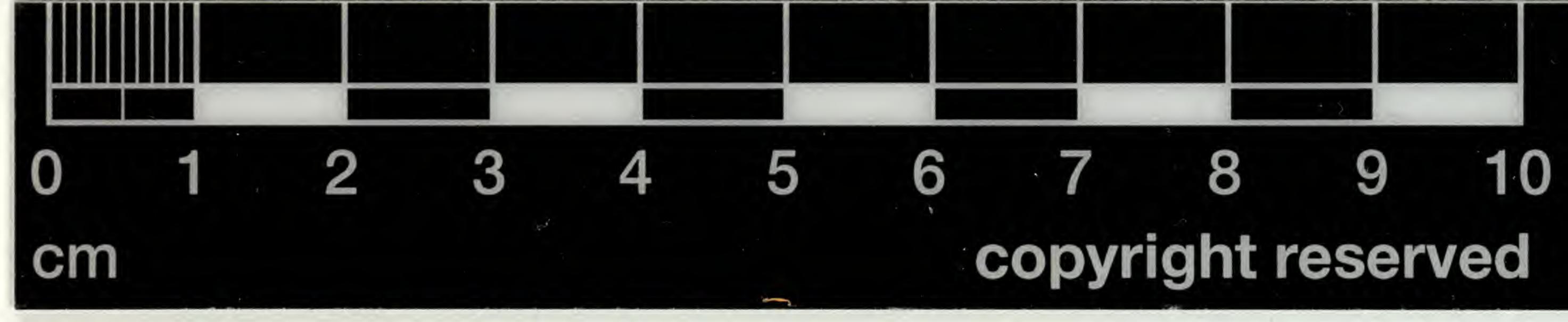
SEDRGE ENGELMANN PAPERS

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pipe Analysis, quantative—Lectures and laboratory practice sy—recent and fossil.

oology—recent and fossil.

French.

German.

Drawing—mechanical, right line pen, shading in Hydrographical drawing, with pen and with

color.

India ink;

Topographical

## SUMMER VACATION.

### SECOND YEAR.

Civil engineering. Mechanics of solids; Mechanics of liquids; Mechanics of

Spherical projections. Geodesy—Surveying w

Quantitative analysis desic operations for the construction of Surveying table; with chain, Lectures Practical Trigonometry, compass, maps. practice. with angular instruments, Levelling, Hydrography, G



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"Rock the crad!

foot that if a cradle is used it as the motion so produced is The as far into press upon the child that is the only proper way to do—indeed the habit kept up through life is a child food at night, when it cannot longer be is worth while, then as early thus the length should be passed in pains being taken to imto bodily sleep the care of it. length head more at that dn is desirable in from the a pound of tow. tear kept and counterbalance than manner, peacefully all the last hours of the day age as possible to deny insist reason, It as possible, ado should of wear -but who rockers rather than across, objectionable. had without more And spin quiet, soothing physicians those easily and night cou powersno other saving nap have childhood mid-day spiritual of the great Some come if for shall

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to bed early and do not we
ing to see the sun rise. L will. Some exceptions are rare in this country worth the mother' sleep American children habit of sleep large amount of cerebro-nervous nervous system tality. For pil waked from

and I have hard bunches across my stomach, a my lungs feel weak. I am twenty-three years cand have three children.

First, stop having children. No woman ever lived who ought to be the mother of three children at twenty-three years of age. It is an outrage on nature to begin with. Next, stop hard work. I will venture, though you say nothing about it, that you are a woman who works hard. Third, put on a wet abdominal bandage so as to cover your liver, stomand and bowels. Cover this by a dry one and wear it night and day; only do not have the wet bandage go clear around the body. Take a sitz-bath at a temperature of 95°, five minutes; 85°, fifteen minutes, twice a week. It is better to do this in the midule of the day than at any other time, but if not then at each it at night and go to bed immediately and go to sleep. Fourth, be sexually continent. The taxations of the marriage bed in this country are cruelly and ruinously destructive. Nature will be avenged when she is outraged. Fifth, live upon two meals a day. Make your food largely farinaceous, eating fruits and vegetables only as relishes and not both at the same meal. Let alone flesh meats. They do you no good except to incite you to excessive sensibility. Now try this faithfully and you will get well. It would be well for you, as for any one who takes home treatment, to send to Austin, Jackson & Co.,

NERVOUS DYSPEPSIA—Mrs. S. A. M. K., Sonora Cal.—I have pains all around the region of the heart. Also in my left arm; pains going back and forth from my arm to my heart. It has troubled me a great deal. Have, I got heart disease?

No, you have not, but you have nervous dyspeps instead. If you will live with great strictness in r spect to food and raiment, work and rest, sleep, an exercise in the open air, so as to give yourself chance to get well, you can. The Laws of Life cated the laws of the category.

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MISSOURI BOTANICAL GARDEN

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Then it vice in her nd are refreshed for the duties of hat only for a short time. are of it, ntact with rom its mother s laid and kept on the side of the urse is kept, she also is d in the same or an adjoining gain the mother has a good wide, atilated as otherwise they st more than it comes to. month-old, a good deal more sleep is an be night, is a wearing process and be kept well warmed and cannot enough for three; Nearly all only keeps her child why mother's warmth, own the latter, afforded, small humans they two have been disturbed the night wakes and when it is quiet, side of her if there is any dan young animals she as having and to as is in it with her. the not to be debi moves so the father has can bed often the and keep this fires and within Two rooms be injured So all and are 1 room, is not falls does kept nger call. levbed an-

many field, and fling majority poor est, them day, doors and windows with diseased one side and personal sleeping, pretend to be who or happy the labors his neck in a box of dry dirt or cern true breath could go Especially may confinement in doors, and baby enough unwashed, small, feather pillows, is a baby onensive old, absorbed impurities, the the None conditions, of children are scrofulous, with a father relations with habits on proprieties of the brute, stable, and fix that air unaired and unsunned a mother of it, and exhalations they reeking day, the mother de-magnetized through no spoiled sleeps on of the attempts or the matter how his on a of th he tannery, apparatus not room. other, seen in perhaps from the haywould the father unchanged water he above type on t over careful in bedstead not the both exhausted in the same bed with it. and feather bed, that as to both perhaps bury himself to coal ashes while before the refined he the expect any below Mercy by Who can pity such a large true during the and that so enjoyment butchery; which children? floating the light filled widmay with her his the



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Yours very truly,

ing is not less for ot only, but that they bless Our Home h of time get present nviction, e nor have comfort in this g a great family here. we our Home prosperous. esire to bring folks to Our e which we have erself and for her family. prompt some t, touch many ck mother, anxious to live for s from rage and strength to endure. ersonal experiences we learned and do know that God during their stay their conditions nviction, yea more, the positive knowl-nearly all who come here and remain thousands of feeble women and has countless families with an ambition to for the good which that they and succeeded in each other and those who of Life were mother to be more hearts has of living. brought those have life has, brings carried hope and improvement in some here and in But gives This, in suffered it has here. hearts measure at This letter her chil-Through consolarejoice ours, carefact, true their urged by every gain by comfort and

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she will dress in her woman should be the mistress of her house, any woman has a right to decide for herself solves to do it; and we feel like and honor to one who by women to adopt this dress woman to wear the American costume what she proposes to her soul than she can get good to he We would not discourage the feeblest fully she must have a great amount of grace and wisdom else she will thereby get more harm to her soul than she can get good to her body: ly alone in any nature that a woman should stand alone or neartaking are not kind to her. and will ritated by the adverse in and finally yield her position, or she safely through, opposing forces of fashion she will eousness, that she has the courage, the least desire to improve her style of dress. but are ready would, great grow hard and harsh boward those who and however, have position; responsibility, the trust in to give own when she fluences which meet her and her dominions. and the faith in for contrary one God, to nwo home nrging and would encouragement dò encounters consider to carry either volition so should will be to wear. one urge E\* all success, human rightpubsick and

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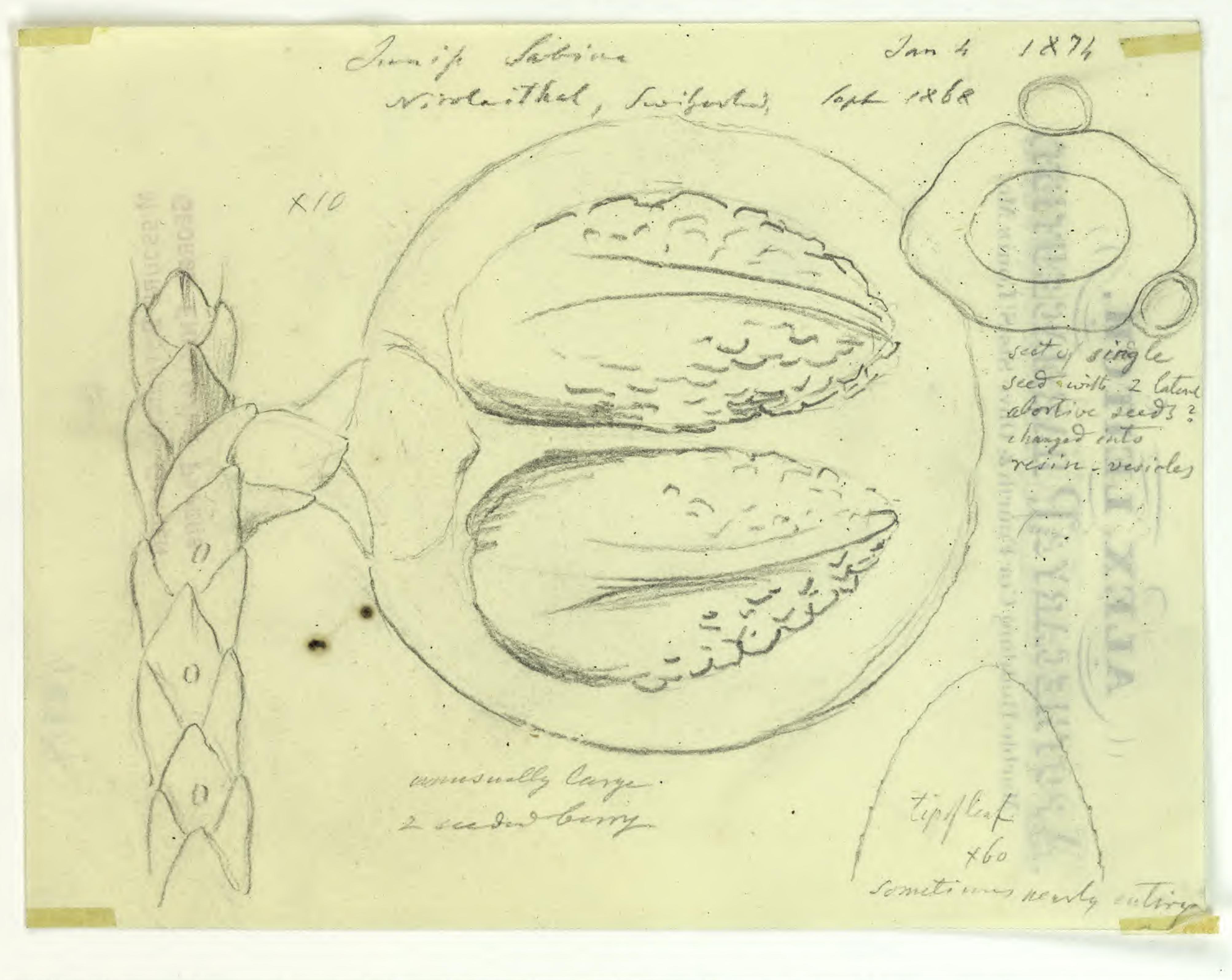
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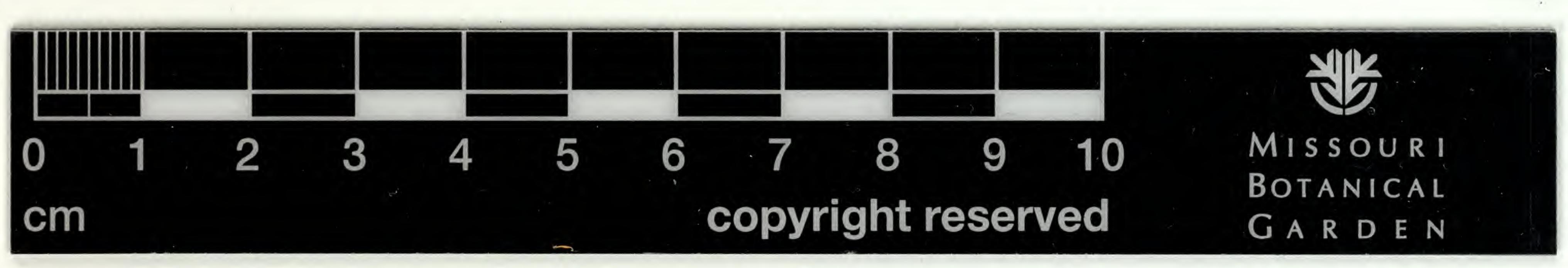
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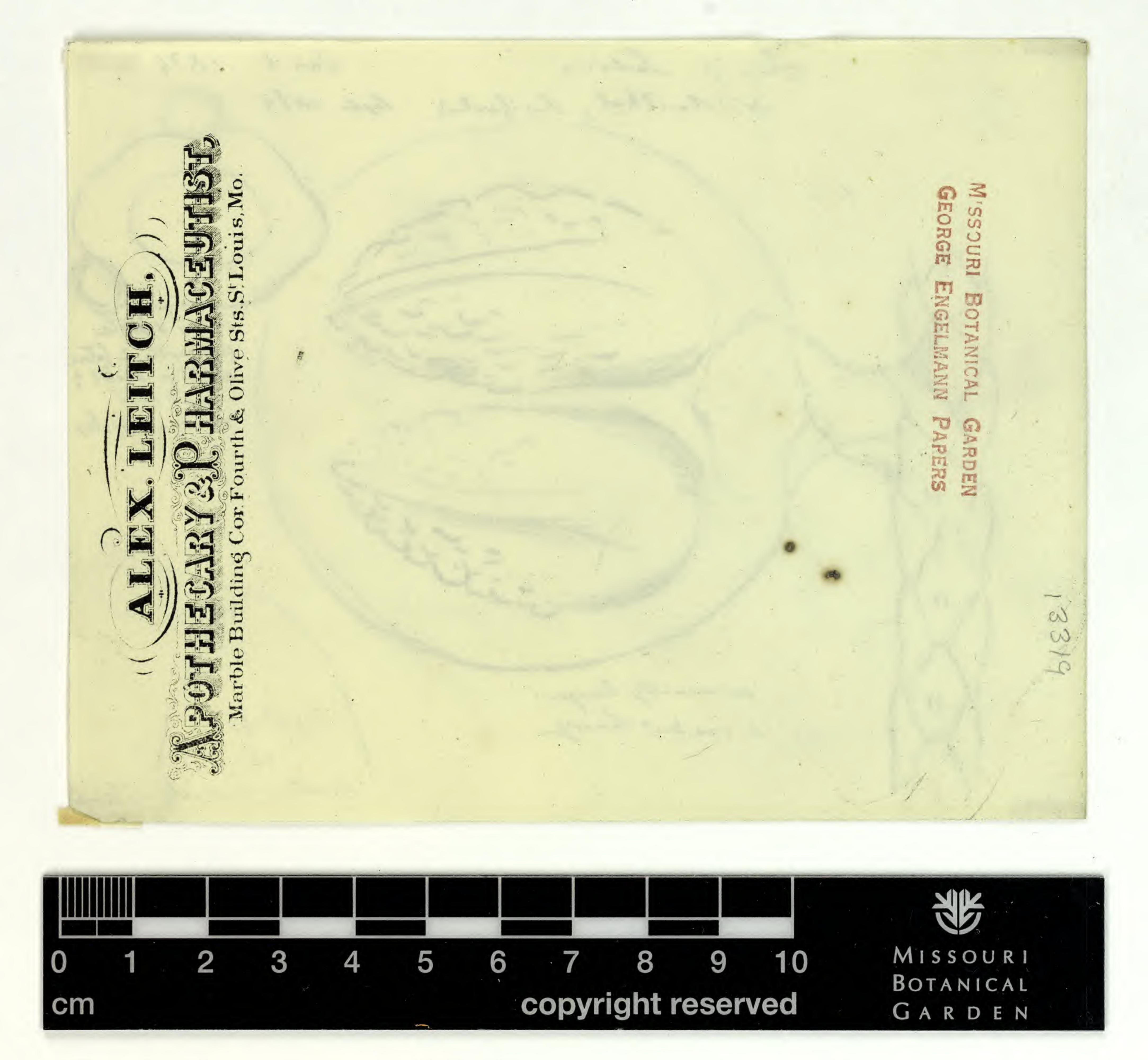
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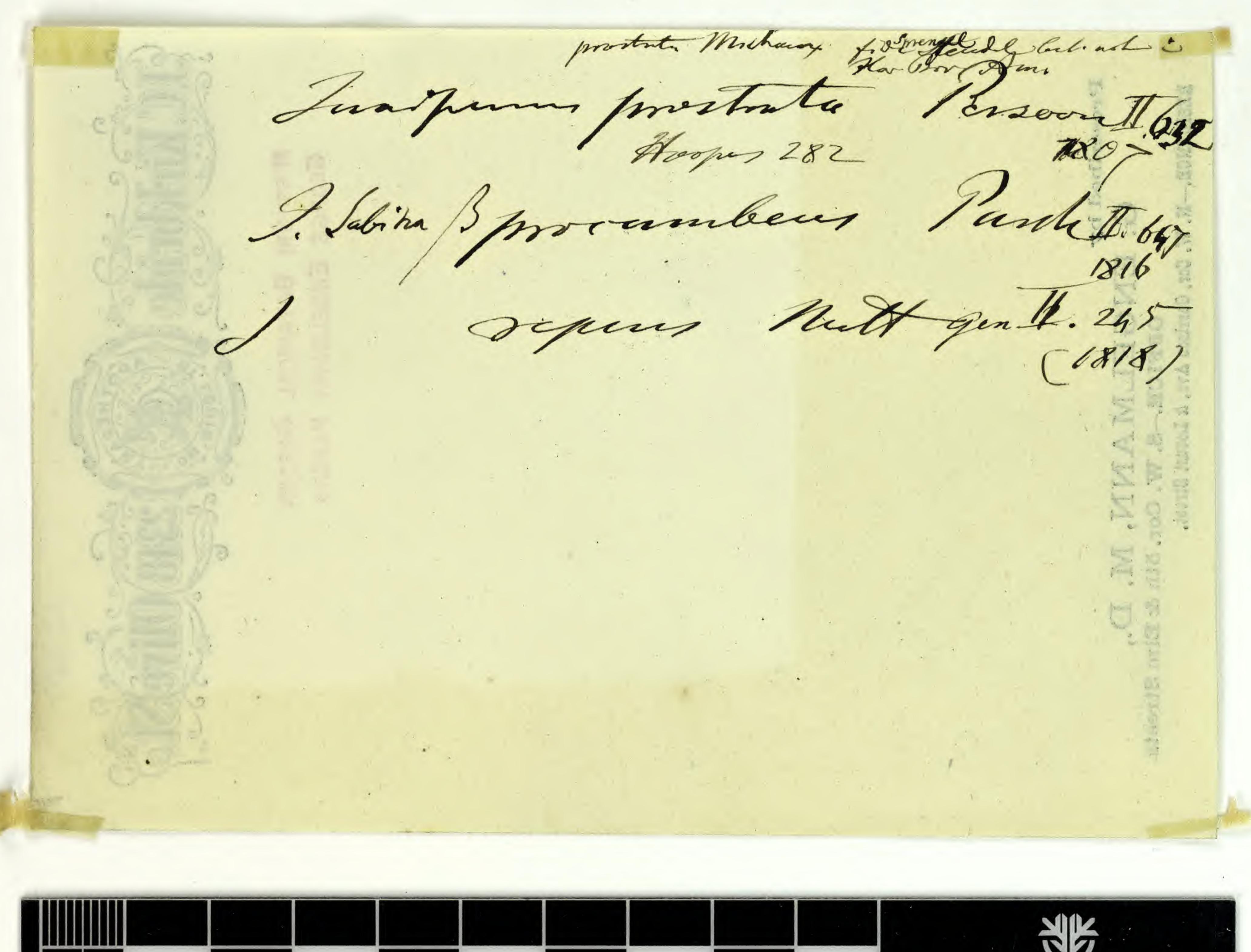
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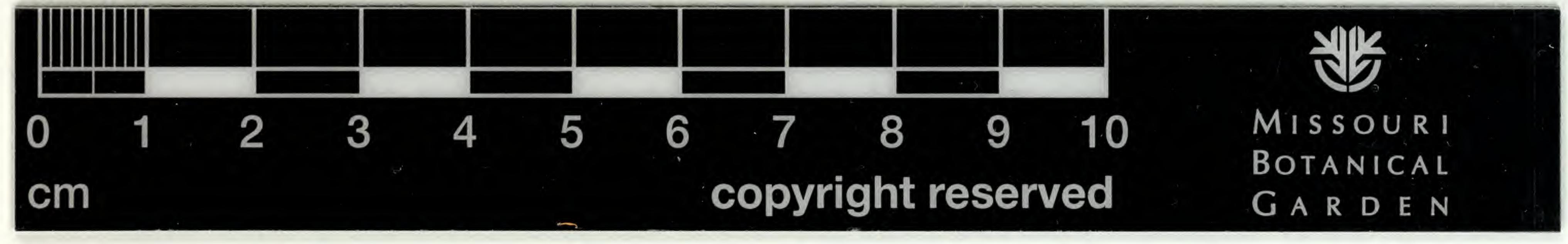


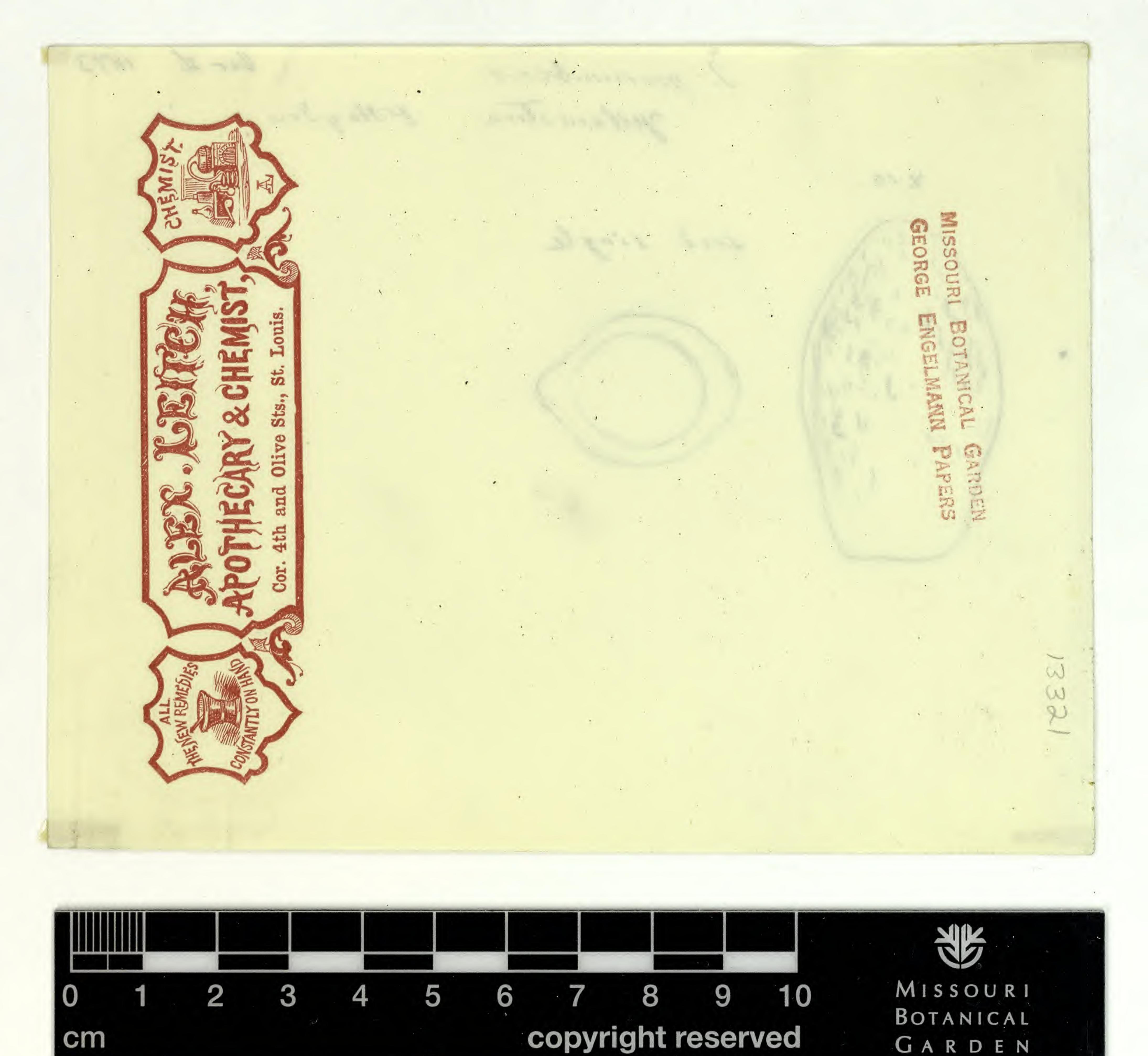
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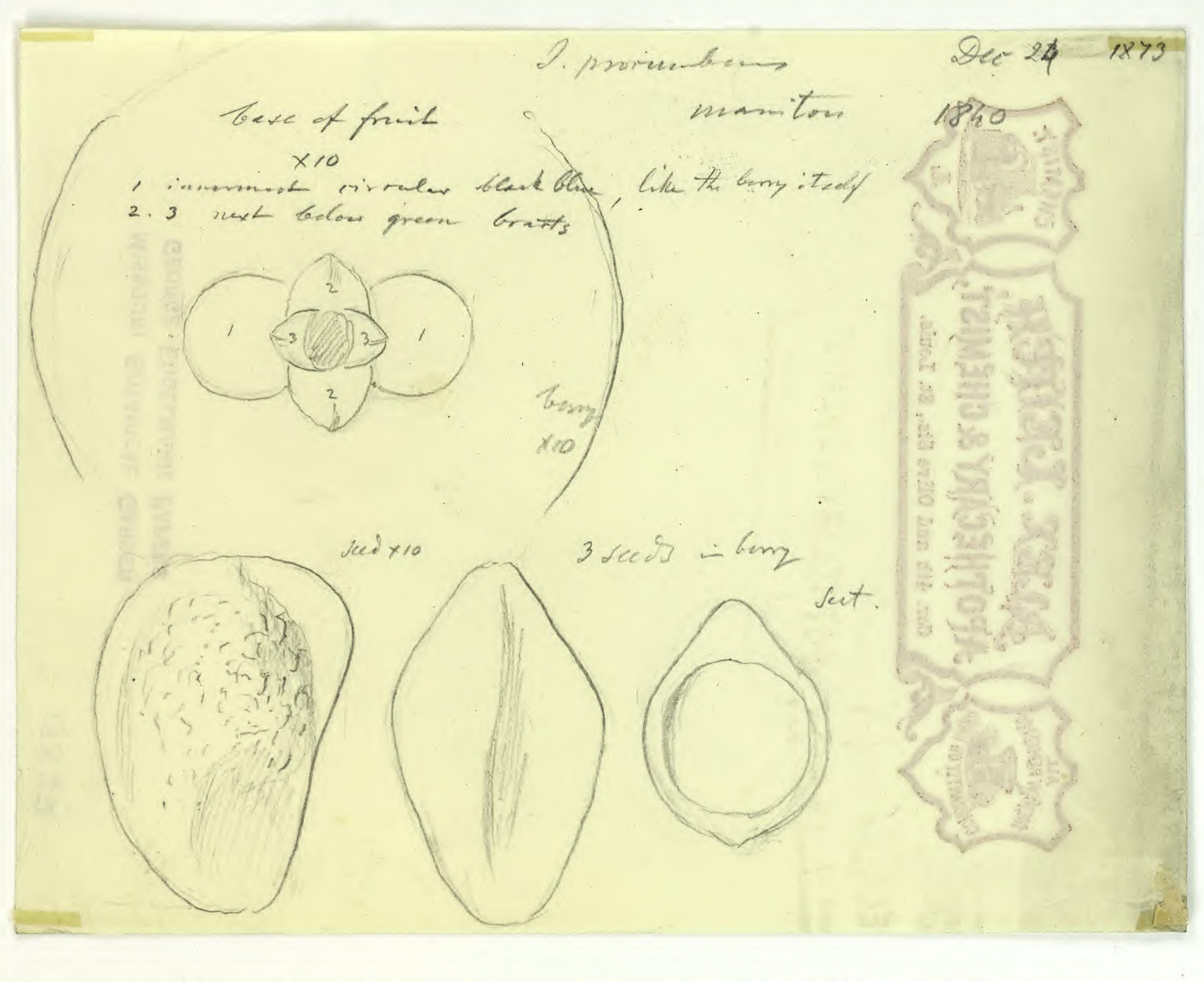
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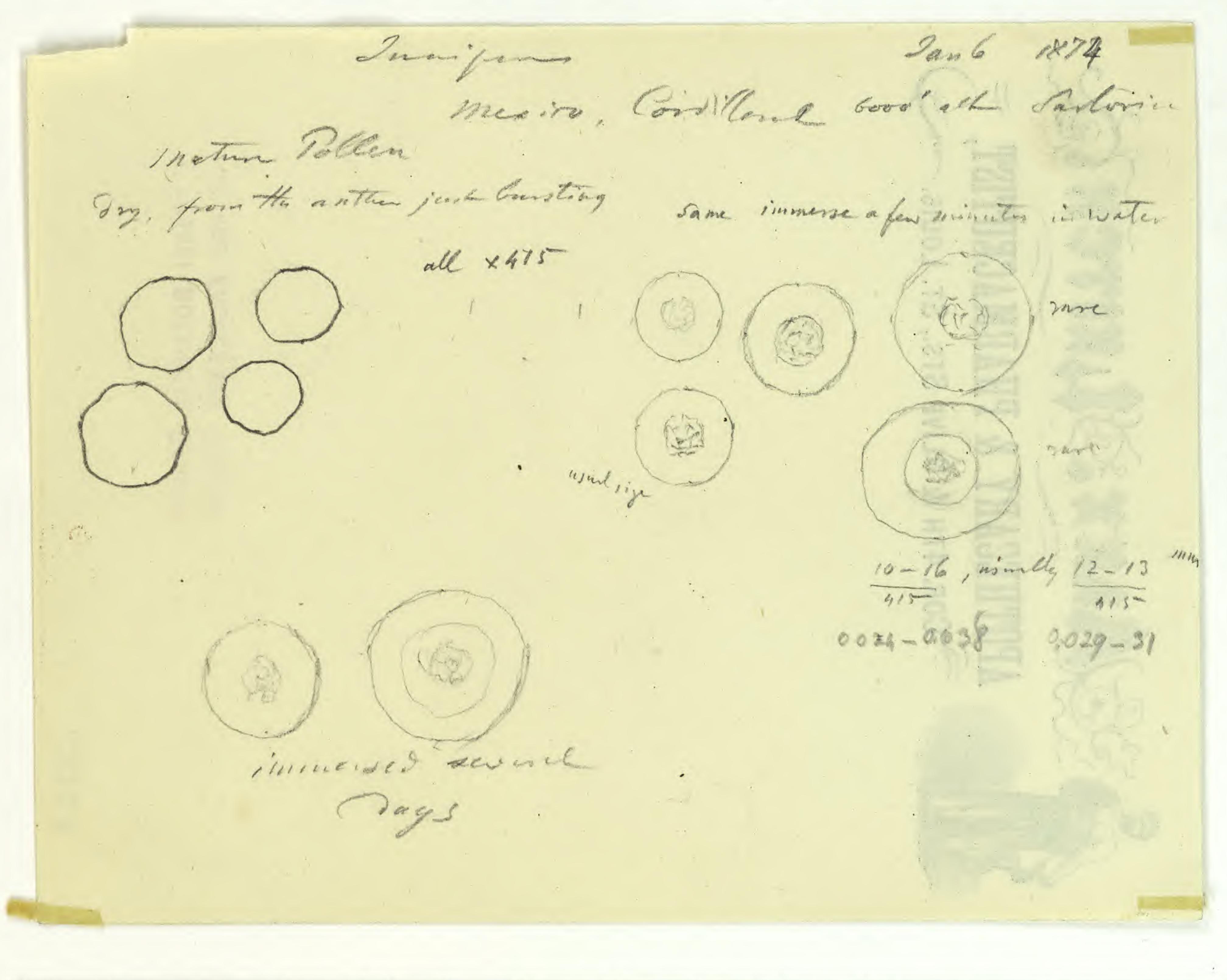


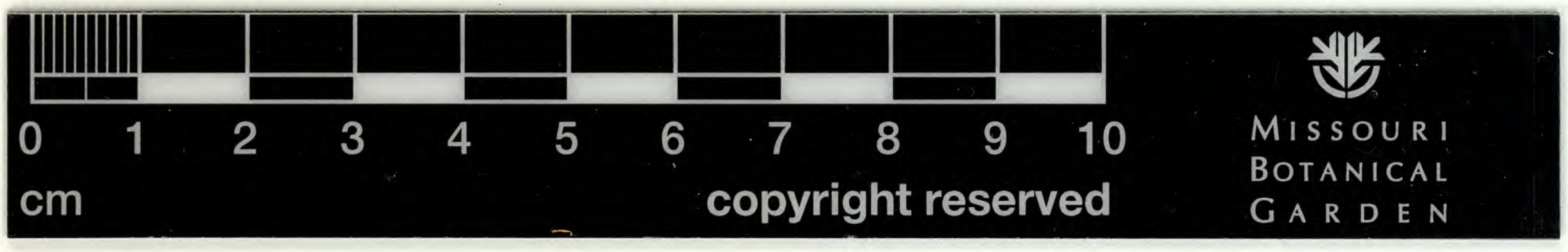


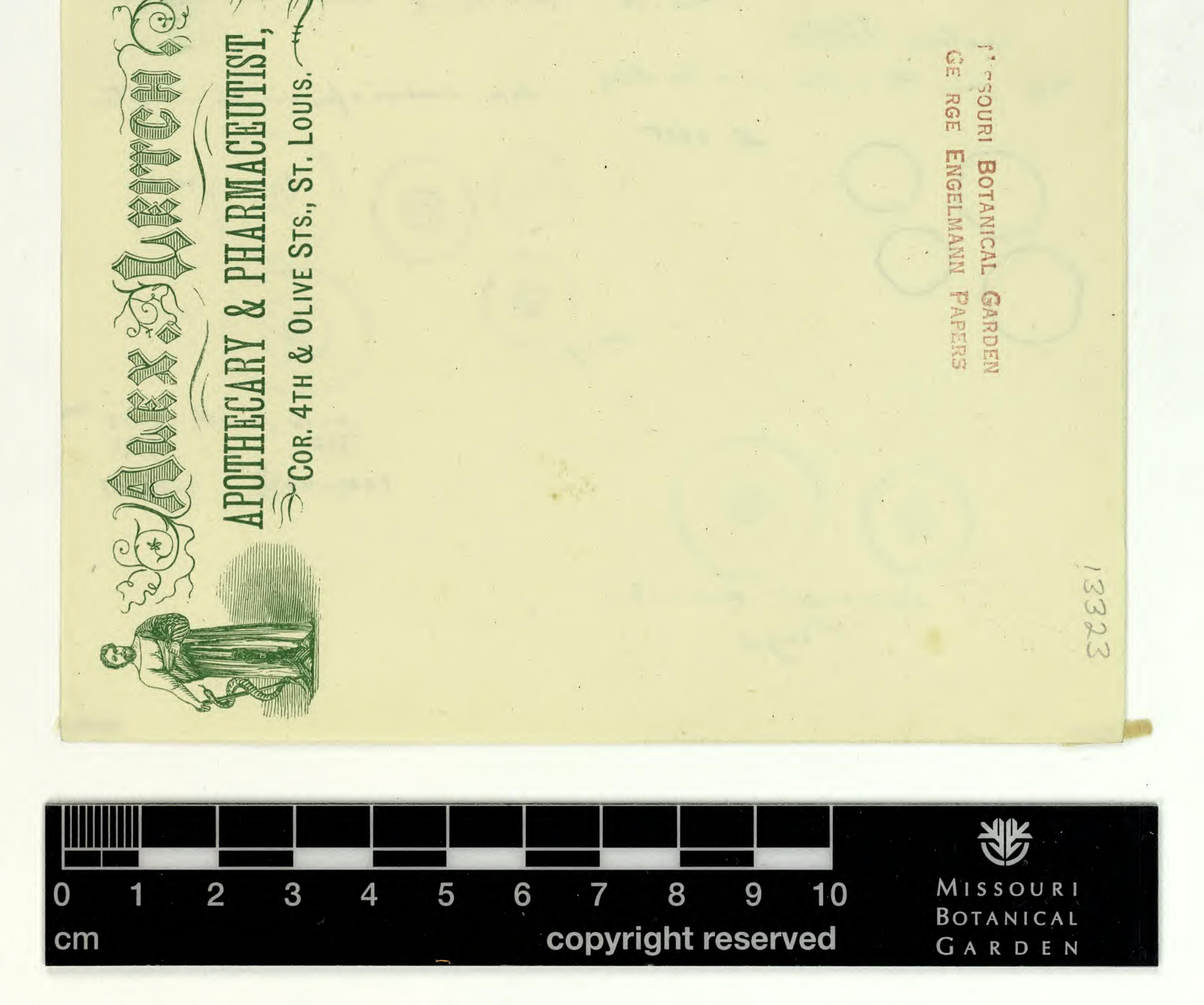


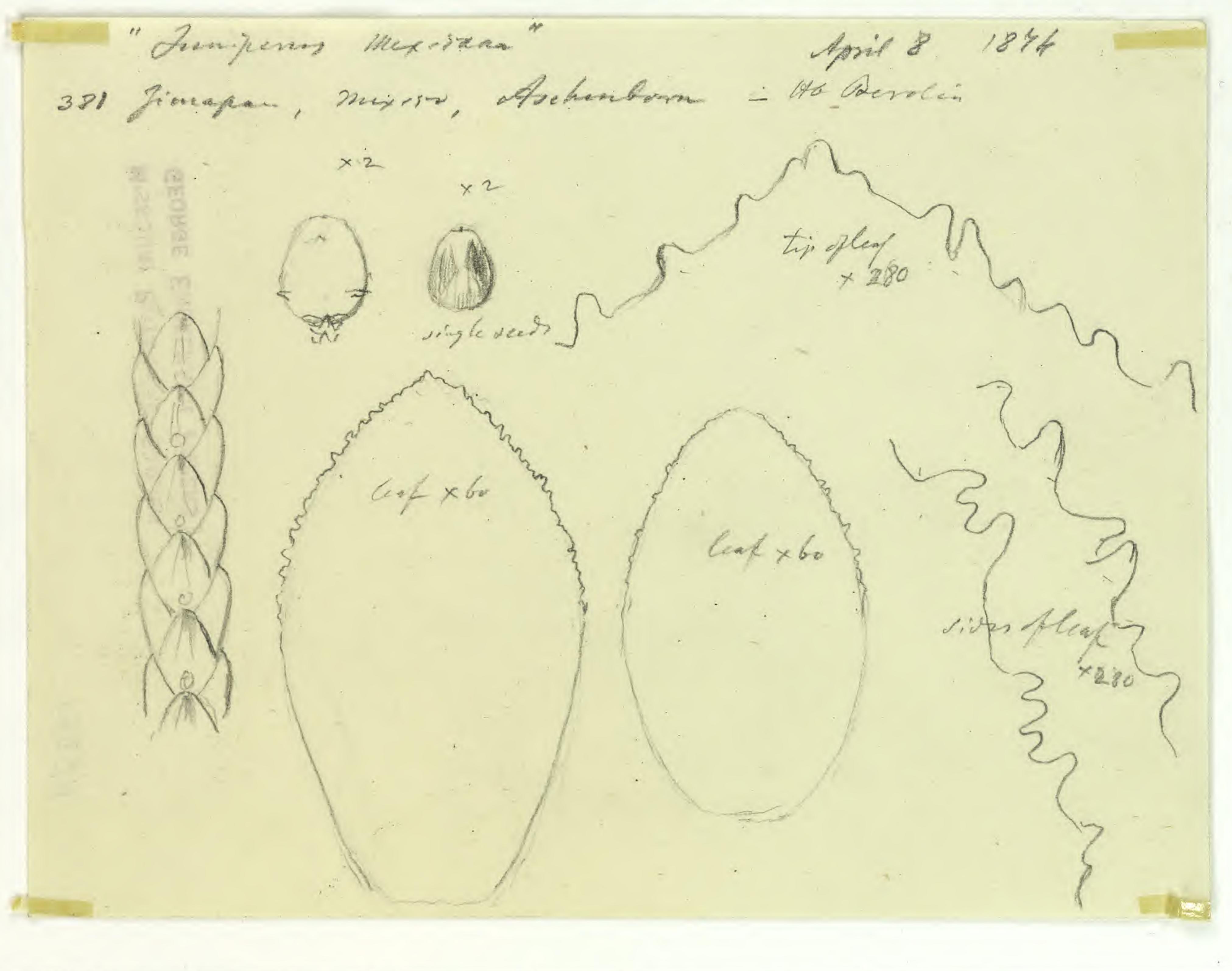




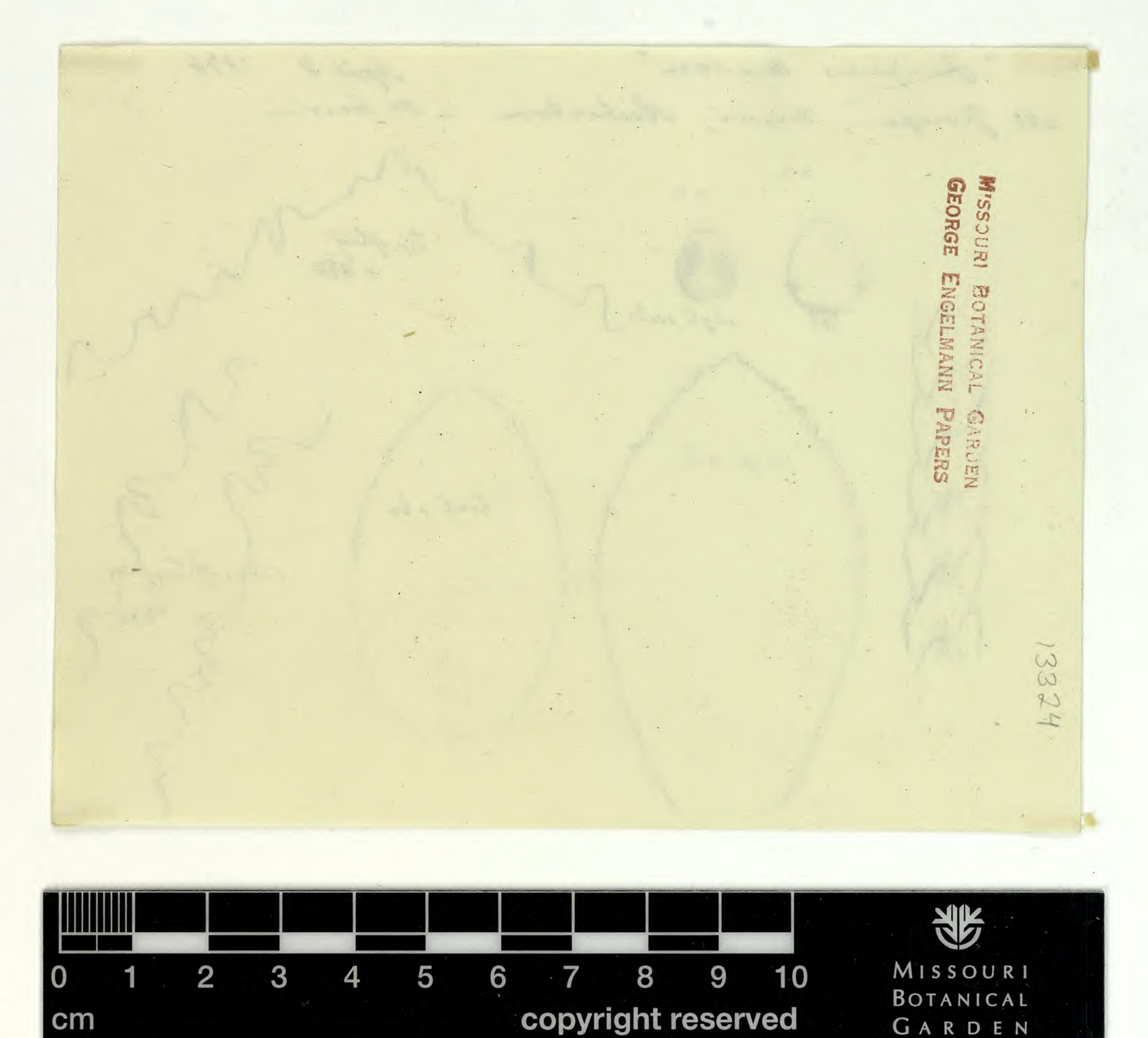


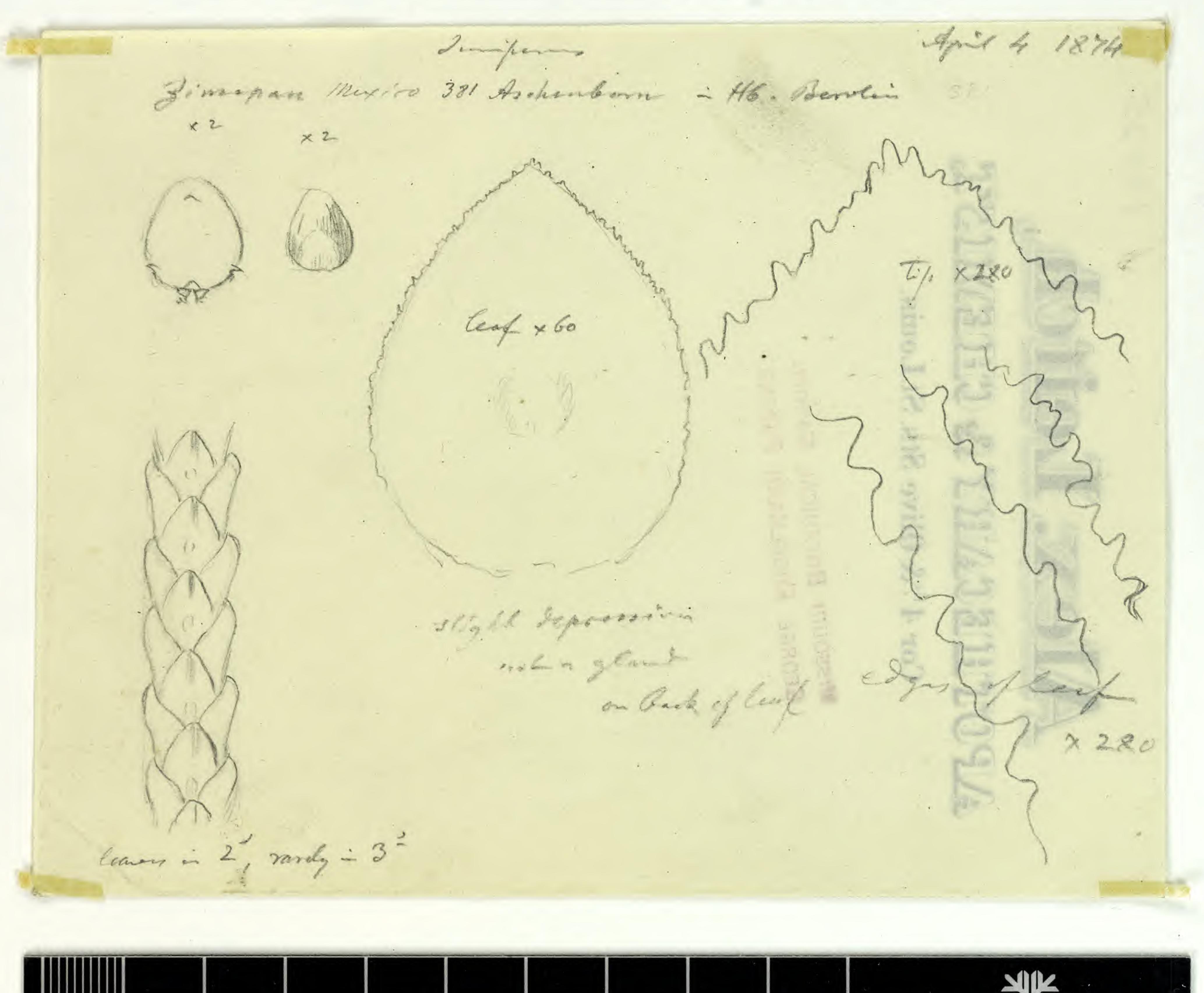








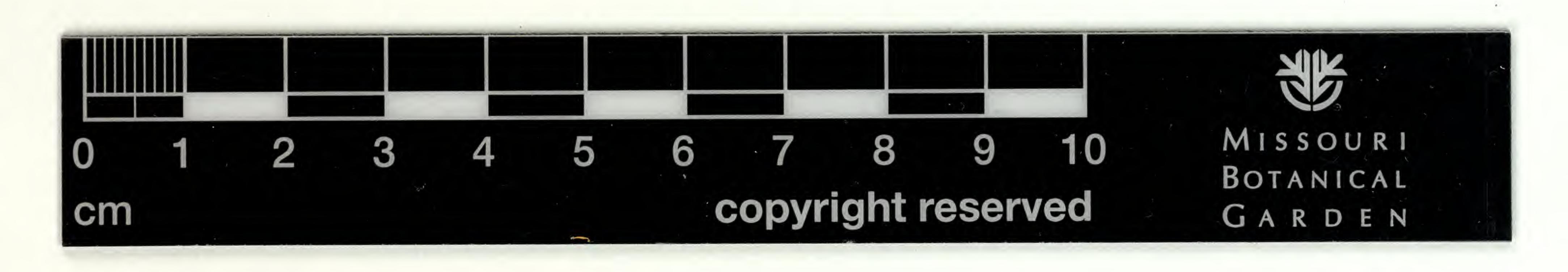




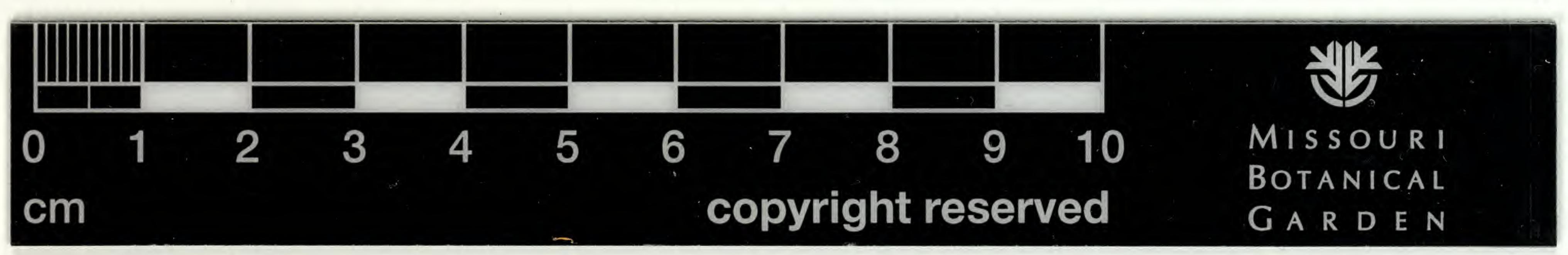


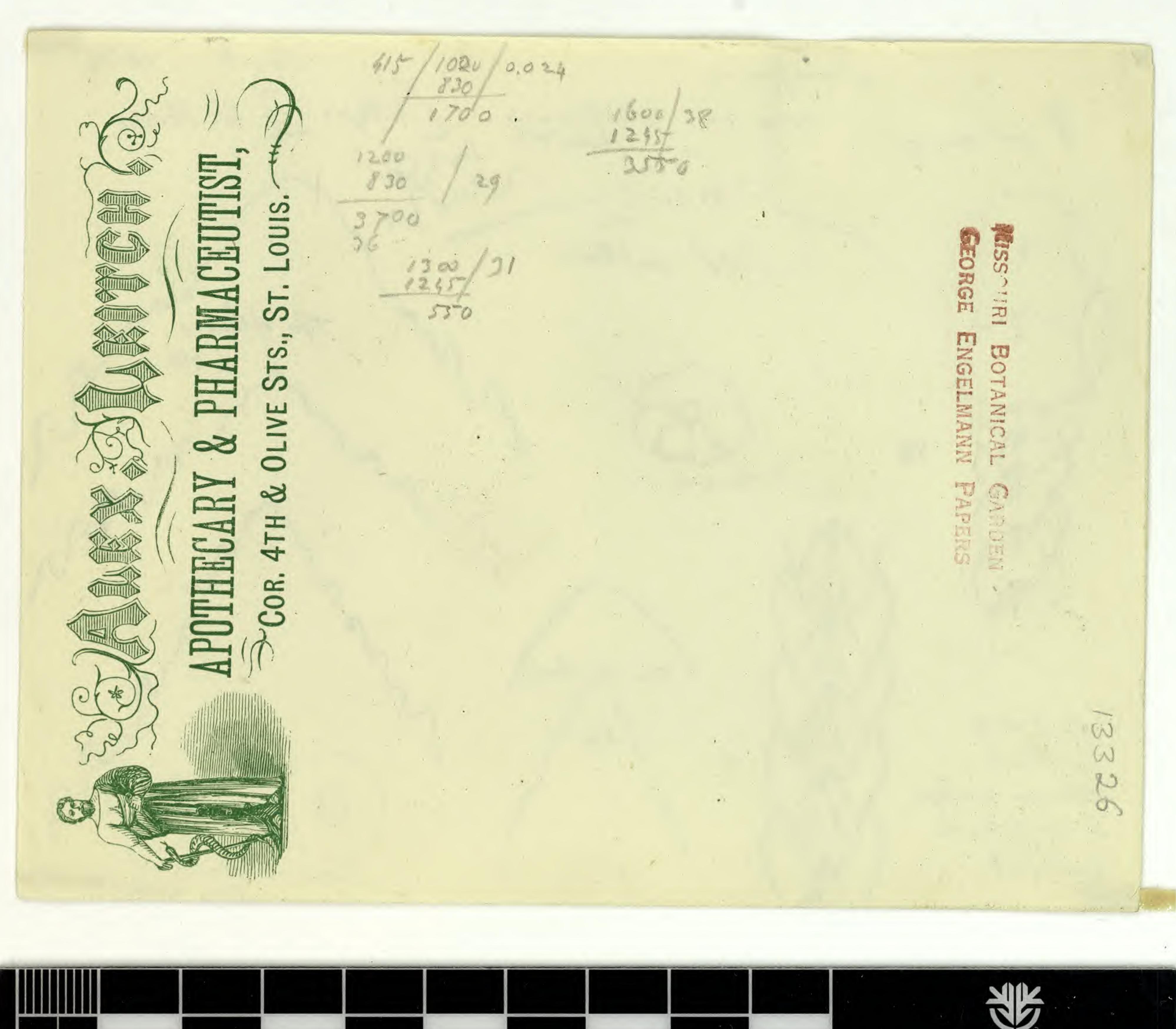
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GEORGE ENGELMANN PAREN











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